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...a 10 per cent increase in operating costs. The company should expect to draw from its cash reserves to cover the operating cost increase of 10 cents a litre, when it reports on its financial results for the first quarter of 2009. **REUTERS**

17

es
by



Prime Minister Stephen Harper will highlight the "extraordinary" ties between Canada and Jamaica and the positive contributions of Jamaicans to Canadian society during an historic address to that country's parliament today.

"This visit is particularly important and symbolic for the Jamaican-Canadian community. It's symbolic of our relations with Jamaica," Harper told *Torstar News Service* in an exclusive interview yesterday.

"It's also a real chance to acknowledge the strong and positive contribution that Jamaican-Canadians do make, sometimes not probably recorded or appreciated," he said from Port of Prince, Trinidad.

Harper arrived in Kingston, Jamaica, last night from Trinidad where he had been attending the Americas Summit.

Many Jamaicans are of African descent and are proud of their roots. It's something that is important to our relationship.

As Harper meets with Jamaican leaders, he will be pressing for a free trade agreement, which he touts as an opportunity to the nation's economy.

He said Jamaica had hit "terribly hard" by the economic woes and had avoided the worst of the financial crisis because of its oil exports.

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OBAMA COURTS CUBA TALKS AT SUMMIT, P5



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Bleak numbers expected from oil heavyweights

BUSINESS It won't be pretty when Canada's biggest energy companies unveil what are bound to be their weakest quarterly results in years.

Oil and gas prices were mired in recessionary lows in the quarter, with oil down 55 per cent and the average natural gas price shaved by nearly half from the year-prior period.

EnCana Corp, the No. 1 Canadian energy firm, reports Wednesday. EnCana has an extensive hedging program for its gas production that should cushion the blow from low prices. Suncor is likely to report an operating profit of just 10 cents a share when it reports on Thursday, down from 85 cents in the first quarter of 2008.

REUTERS

SunnySide pg 7

Help Hines find a hobby

EARTH DAY: APRIL 22

GoGreen

In honour of Earth Day on Wednesday, Metro is providing you with ways you can go green and lessen your environmental footprint. TODAY



GOING GREEN. While saving the planet is serious business, you can have fun while you're at it. Page 8.

TOMORROW

HEALTH. Tips to achieving an eco-friendly sex life.

ENTERTAINMENT. How the music industry is going green.

Fashion

Spring style

BELLEMEHRY FOR METRO EDMONTON



A model shows off items from TK Clothing during the Spirit of Spring fashion show yesterday afternoon at the Shaw Conference centre. The show was a fundraiser for the McDougall House, a recovery home for women. Story, pg 3

PM lauds ties with Jamaica

Prime Minister Stephen Harper will hail the "extraordinary" ties between Canada and Jamaica and the positive contributions of Jamaicans to Canadian society during an historic address to that country's parliament today.

"This visit is particularly important and symbolic for the Jamaican-Canadian community. It's symbolic of our relations with Jamaica," Harper told Torstar News Service in an exclusive interview yesterday.

"It's also a real chance to acknowledge the strong and positive contribution that Jamaican-Canadians do make, sometimes not probably recorded or appreciated," he said from Port of Prince, Trinidad.

Harper arrived in Kingston, Jamaica, last night from Trinidad where he had been attending the Summit of the Americas. Joining Harper onboard the government Airbus jet was Jamaican Prime Minister Bruce Golding, who

had also been attending the summit.

Today, Harper will address a sitting of both houses of the Jamaican Parliament — a first for a Canadian prime minister.

"The Jamaican community is gradually coming of age in Canada and Jamaicans themselves are proud of that and that's something that enhances our relationship," he said.

As Harper meets with Jamaican leaders, he'll also be pressing efforts to cement a free trade deal, which he touts as one remedy to the nation's poverty.

He said Jamaica has been hit "terribly hard" by the economic woes but has avoided the worst of the financial sector collapse because the banking sector is almost entirely Canadian.

"They've been sheltered from the worst fallout of the financial crisis. But the country has significant economic and financial challenges," he said.

TORSTAR NEWS SERVICE

Hybrid cabs could significantly slash emissions in city: Report

GREEN If 60 per cent of Edmonton's entire taxi fleet were replaced with hybrid vehicles, carbon dioxide emissions from the fleet would be cut by nearly 25 per cent each year, says a report that will be presented to councillors today.

The report, written by city administration and the city's Vehicle For Hire Commission, studied a number of models of cabs used in the city and how much each vehicle emits in greenhouse gases.

"This shows a hybrid

four-cylinder vehicle emits 50 per cent of the carbon dioxide compared to a typical eight-cylinder Ford Crown Victoria," the report read.

The report says 30 per cent of the fleet is replaced with new vehicles each

year and the rate is sometimes higher during "healthy economic times."

But the city still has 222 taxis that are pre-2000 vintage — roughly 18 per cent of the city's taxi fleet. And 35 of the city's 1,220 taxis are hybrids — roughly

three per cent of the present fleet, the report said.

The city is looking to replace taxis and the commission is expected to bring recommendations to council later this year.

JEFF CUMMINGS/

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Fundraiser for CKUA

Help keep CKUA afloat on May 1, when the show First Fridays will be broadcast live from the Newcastle Pub (6108 - 90 Ave). An evening of music, dancing and one-of-a-kind auction items will raise cash for the station, a not-for-profit, listener-funded radio network. **METRO EDMONTON**

Local



First trains at new station

The LRT trains are set to hit the rails for the first time at South Campus Station at McKernan/Belgrave Station on Saturday. Presentations, tours and displays will be running all day, including free LRT service at every station.

METRO CALGARY

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Boy, 10, dies in ATV accident

CALMAR A 10-year-old boy was killed when his quad rolled on top of him shortly before 5:30 p.m. Saturday near Calmar, about 50 kilometres southwest of Edmonton.

Mounties from Leduc say the child was riding the machine at his family's property unsupervised and it's believed he wasn't wearing a helmet.

The boy's name has not been released and police are still investigating.

METRO EDMONTON

metronews.ca

WHAT'S ONLINE TODAY

Immigration Guidy Mann on why Canada has no right to complain about alleged Mob boss being deported to Montreal at metronews.ca/immigration

Lotteries

Friday, April 17
Lotto Super 7: 5, 19, 21, 33, 35, 36 & 44 Bonus 28
Saturday, April 18
Lotto 6/49: 4, 5, 21, 33, 42 & 47 Bonus 24
These results are not official.



Fashion for a cause

JEFF CUMMINGS
jeff.cummings@metronews.ca

Dozens of models walked down the catwalk yesterday at the Shaw Conference Centre to raise money for the city's only addictions recovery home for women.

Close to \$37,000 was raised last year during the Spirit of Spring Fashion Show and Luncheon, but no tally has been made on how much this year's event raised for the McDougall House.

But with the third annual show nearly sold out, event chair Jayne Bawden expects the recovery home will receive close to \$50,000 that will help pay for support staff.

"The problem at McDougall House is that the staff can't get the wage that government employees get," said Bawden.

"A lot of the time when you apply for grant money, you can't get money for staffing."

Bawden says the new infusion of cash will also support employee benefit plans to encourage workers to stay at



Models of all ages took to the runway during the Spirit of Spring fashion show. Pictured are items from Sonia's Runway.

McDougall House.

Roughly 60 guest models, including Coun. Don Iveson, strutted down the catwalk showing off the latest lines this spring, and hundreds of items were up for grabs during a silent auction.

A dinner prepared by some of Edmonton's firefighters, including a tour of a fire station, was among some of the items up for

grabs at the show.

"This shows that awareness is growing and McDougall House is a well-kept secret in this province," said Nancy MacBeth, board chair with McDougall House, about the support.

McDougall House is a 14-bed residence that offers help for adult women who are dealing with alcohol, drug or gambling addictions.

Red River flood keeps volunteers very busy

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

MANITOBA The number of evacuees continues to rise, despite an apparent drop in flood levels in Manitoba, sustaining the urgent need for volunteer relief.

"Volunteers are working very hard," said Edmonton Red Cross worker Marj Pettinger, who arrived in the flood-ravaged province two weeks ago. "What they're seeing on TV is what it is like — overland flooding and sandbagging is the reality."

The Red River has swollen to 19 kilometres wide in parts of Manitoba, despite a crest in Winnipeg.

"It's such an unpre-

dictable flooding situation that it has legs and we've stopped trying to predict it," said Red Cross Manitoba spokeswoman Michelle French.

Family reunification lines have been ringing off the hook. The line was set up by the Red Cross, so those forced from their homes can reconnect with similarly displaced family members.

Yesterday afternoon, the number of registered evacuees was more than 1,100.

The threat of floodwaters saturating septic systems and amalgamating with pesticides and oil is compounding difficulties.

Officials predict it will be weeks before most residents will be allowed back in their homes.

News in brief

ATTACK Police are still looking for a suspect after a 72-year-old woman was sexually assaulted at a park near 133 Avenue and 89 A Street Friday morning, police said. The woman was walking alone in the park when an unknown

male approached her from behind and grabbed her groin area, police said. The woman became angry and chased the person away with a piece of wood that was laying on the ground, police said.

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Tomorrow, from noon until 8 p.m., every Ben and Jerry's ice cream shop in Canada will be handing out free ice cream cones. There is one location in Edmonton, at West Edmonton Mall. METRO EDMONTON

Blazes keep fire crews busy all weekend

VICTORIA HANDYSIDES 

Scorching flames left patches of land and property around Edmonton smouldering and charred over the weekend, after accidental infernos and arsonists painted the city in a bright orange glow.

Nearly a dozen separate

fires were reported in and around Edmonton over the weekend, half of which are believed to be the calling card of arsonists.

The first, and costliest, blaze of the weekend was at a north side scrap yard, where it's believed that someone set 200 cars ablaze.

"When fire crews got there, they had to force

their way into the compound," said Fire Services spokeswoman Melanie Mochoruk, adding the fire was put under control shortly after midnight Friday.

Damages are estimated at \$40,000. The owner of Eskimo Auto Parts was uninsured.

Emergency crews in St. Albert rushed to the scene

"When fire crews got there, they had to force their way into the compound."

Melanie Mochoruk of another intentionally sparked blaze just after midnight Saturday, when a storage trailer behind a Superstore went up in

flames. Damages have not been pegged, but arson investigators are examining the scene.

Crews rushed to a single-family home at 3617 42A Avenue late Saturday night, and doused a small fire. All inside the home escaped unharmed.

At least one person is homeless after a spark on a mattress sent fire ripping

through an apartment suite at 127 Street and 131 Avenue early yesterday morning.

Crews were also kept busy through the course of the weekend, dousing flames of a number of grass fires, recycling and garbage bins.

Miraculously, no injuries were reported in any of the blazes.

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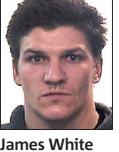
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Police warn public of violent offender

RELEASED Police are warning the public about a violent sexual offender recently released from prison.

Jamie Harrington White, 35, was released from the Edmonton Remand Centre April 15, after completing a sentence for a long list of violent crimes, including assault with a weapon and uttering threats.



James White

His rap sheet includes a number of sexual assault convictions, and is considered a significant risk to the community.

He's described as Caucasian, five-foot-nine, 160 pounds with brown hair and brown eyes. Police believe it is in public interest to warn residents he plans to live in the Edmonton area. Officials stress the warning was issued so citizens can take precautionary measures, not to encourage vigilante justice.

Robert Stauffer case comes to end

MISSING A three-month search for an Edmonton man ended tragically when his remains were discovered in a wooded north-end area Saturday afternoon.

The last time anyone saw Robert Stauffer was near the end of January when he disappeared after a medical appointment on the 24th.

Family members didn't report him missing until March 6, as he's lost contact with relatives in the past. He was discovered around 3:30 p.m. Saturday in woods near a golf course on 137 Avenue and 170 Street. His death is not considered suspicious.



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Canada/World

Canadian warship hunts down pirates

PIRACY NATO forces foiled an attack by Somali pirates on a Norwegian oil tanker, and briefly detained seven gunmen after hunting them down under cover of darkness, NATO officials said yesterday.

It was the latest assault by sea gangs from Somalia that have hijacked dozens of ships, taken hundreds of sailors hostage and made tens of millions of dollars in ransoms — defying an unprecedented deployment by foreign navies in the region.

Michael McWhinnie, a spokesman on the Canadian warship Winnipeg, said it, a British naval supply ship and U.S. warship Halyburton responded after pirates attacked the 80,000-tonne MV Front Ardenne in the Gulf of Aden late Saturday.

The gunmen, who were armed with assault rifles

and rocket-propelled grenades, fled south in their skiff as the NATO forces approached, dumping weapons overboard.

McWhinnie said a helicopter deployed by the Winnipeg fired several warning rounds in front of the pirates' small craft from its machine gun, but they ignored it.

The Canadian warship then pursued them for hours through the night, extinguishing its lights to hunt the gang in the dark. "We blocked their path.

We were faster and surprisingly more manoeuvrable than the pirate skiff," McWhinnie said.

The Canadian ship then sent a boarding party to search the pirate vessel and found an RPG round, which they seized. After documenting the evidence, the crew let the pirates go.

REUTERS

Union against CFIA's planned emergency outbreak fund

SAFETY The Canadian Food Inspection Agency plans to establish an emergency fund by withholding money from daily operations, says the union representing food inspectors.

The Agriculture Union estimated the fund would restrain the operational budget at CFIA by about 10 to 15 per cent, which it fears would cancel plans to hire additional food inspectors, reduce industry oversight and actually raise the risk of outbreaks.

The parliamentary sub-

Cuts denied

- CFIA spokesman Tim O'Connor said the agency has had a \$20-million emergency fund since 2003, and denied a 10 to 15 per cent reduction in the budget.

committee on food safety will hear from Maple Leaf CEO Michael McCain today in a probe into a strain of listeria traced to deli meats that became a factor in at least 20 deaths last summer.

TORSTAR NEWS SERVICE

Obama plays nice with Cuba

Calls on communist nation to give people more political freedom

U.S. President Barack Obama said yesterday he saw "potential positive signs" of better relations with Cuba and Venezuela, but he called on Cuba to back them up by giving its people more political freedom.

Obama spoke after attending a Summit of the Americas in Trinidad and Tobago, which he said focused on "launching a new era of partnerships" between the countries of the Western Hemisphere.

Communist-ruled Cuba was excluded from the meeting, but the summit was dominated by speculation over the prospect of an end to the long conflict between Washington and Havana after Cuban President Raul Castro said last week he was open to talks.

Obama also received friendly overtures during the summit from left-wing Venezuelan President Hugo Chavez, whose close alliance with Cuba and fierce criticism of U.S. poli-



U.S. President Barack Obama addresses a news conference on the rooftop terrace of his hotel after the conclusion of the Fifth Summit of the Americas in the Port of Spain yesterday.

cies in the region had strained relations with Washington in the past.

"For the past few days, we've seen potential positive signs in the nature of

the relationship between the United States, Cuba and Venezuela," Obama told a news conference.

"We're going to explore and see if we can make

KUNI LAMARQUE/REUTERS

REUTERS

Boycott from western nations may subvert UN racism summit

RACISM A growing western boycott threatens to undermine a United Nations conference on racism that Israel's friends say could become a platform for scathing criticism of the Jewish state.

The United States announced on Saturday it would stay away, citing "objectionable" language in a text prepared for the Geneva meeting, which

Iranian President Mahmoud Ahmadinejad will address today, its opening day.

Australia and the Netherlands joined the boycott yesterday, and Italy and Germany are also expected to sit it out.

The United States and Israel walked out after Arab states sought to define Zionism as racist in 2001.

REUTERS

News in brief

ABDUCTIONS

Gunmen kidnapped three aid workers, believed to include a Belgian and a Dutchman, in central Somalia yesterday, a colleague and a local elder said.

COURT SYSTEM Iranian President Mahmoud Ahmadinejad has called on the judiciary to ensure that an Iranian-American journalist jailed for espionage enjoys her legal right to defend herself, the official news agency IRNA said yesterday. Roxana Saberi's lawyer welcomed Ahmadine-

jad's intervention in a letter to Tehran's prosecutor, published a day after the U.S.-born freelance reporter was sentenced to eight years in jail on charges of spying for the United States.

EGYPT Buried deep under a temple in Alexandria, archeologists believe the body of queen Cleopatra may lie. The tomb of the Egyptian queen has never been found, but archeologists are discovering more evidence that Cleopatra's priests carried her body there after her suicide.

REUTERS



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Comment & Views

Comment

Everyone needs a hobby

HineSight

Anne Hines



metronews.ca/hinesight

It's contest time! This contest is called, "Help Anne choose a hobby." What could be more fun? Well ... choosing a hobby for yourself. That would be way more fun. But, will it win you one of the fabulous prizes listed below? I think not.

And frankly, I need the help. Now that my children are grown, I find something unexpected has returned to my life. Not disposable income,



that's gone for good. Along with my stomach muscles, memory and the ability to get through a day without humming the Teletubbies theme song.

But what I do have now and then, is a whole spare 10 or 15 minutes to do something for myself. Clearly, I'm ready for a hobby.

I go to the gym. I thought that was my hobby. Then I found out the definition of "hobby" isn't "an activity you'd rather gnaw your own arm off than have to do on a regular basis."

I'm hoping Metro readers can help me find

On the web

How to participate

- Suggest a hobby for Anne at contests@metronews.ca

something better.

The guidelines:

- It cannot involve a large outlay of cash. So, piloting a small aircraft or buying fashionable yoga gear is out.
- It's best to avoid activities that involve using or being in the vicinity of sharp objects. I tried gardening once and ended up getting a twig stuck in my eye and having to be rushed to the hospital. Gardening is not really the relaxing activity it's made out to be.

- It should not involve eating icky, unidentifiable things. This rules out becoming a contestant on Survivor or taking up vegan cooking.
- It should, ideally, be legal.
- No tatting. I can't imagine saying, "Oh yes, I tat."

SunnySide

just can't.

Other than that, the field's wide open.

Anyone who has an interesting, cheap, non-threatening, non-icky, legal hobby, I'd like to hear about it. I'll choose a winner and give your suggestion a go.

Now, the prize. It was going to be a mug. Not just any mug. A Metro newspaper mug. But I decided against that on the basis that we don't have any. I considered giving away my own mug. It's from the Elvis Presley Inn, Jerusalem. I was even prepared to wash it before I mailed it. However, Metro has graciously donated logoed pens and chocolates. I know. I'm a little breathless myself.

So. Hobbies. Help me out. And let the games, or crocheting or Middle Eastern European stamp collecting, begin.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

SUMMIT OF THE AMERICAS



MICHAEL ADDER

Quote of the Day

"There is nothing inhuman about my fiction. It is just ... that I am chasing a different hare around the track."

— British author J.G. Ballard defending his writing against suggestions it was excessively bleak. Ballard died Sunday. REUTERS

Views

Edmonton follows Earth Day with opening of LRT expansion

InTransit

Brendan Van Alstine



What started as an environmental "teach-in" in April, 1970, has since turned into

what we now have come to know as Earth Day, which officially falls on April 22 every year.

Locally, however, the real Earth Day excitement doesn't get started until the following weekend. On Saturday, April 25, Edmonton will see its two newest LRT Stations (McKernan-Belgravia Station at 76 Avenue and 114 Street and South Cam-

EARTH DAY: APRIL 22

Go Green

pus Station at 65 Avenue and 116 Street) open for service.

To mark the opening of Edmonton's latest LRT extension, ETS will be holding a Community Fair at the

Saville Gymnasium adjacent to South Campus Station, featuring information on new service changes and plans for future LRT expansion. Oh, and how could I forget to mention the most important part — the free LRT service between Clareview Station and the new South Campus Station from 8:30 a.m. until 6 p.m.

On Sunday, April 26, at

Hawrelak Park the official Edmonton Earth Day Festival will be taking place from noon until 6 p.m. You can catch the route 128 from either University, Westmount or Castle Downs Transit Centre. The event will feature live music, family activities, a mini-tent display of some of the city's environmental departments as well as exhibitors from environ-

ment groups including several transit groups.

The Transit Riders' Union of Edmonton, Citizens for Better Transit and the Edmonton Trolley Coalition are all expected to have tables at the event.

Brendan Van Alstine is a registered social worker and founding member of the Transit Riders' Union of Edmonton. He relies exclusively on transit, his bicycle and walking for transportation; edmontonletters@metronews.ca.

It's your turn to tell others what you think. Email your thoughts and opinions to: edmontonletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Going Green

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Fossil fuels also form smog

Global warming is not the only reason we should reduce our fossil fuel emissions. The burning of fossil fuels releases air pollutants. Some of these compounds can then form airborne particles and ground-level ozone — which, combined together, is commonly referred to as smog. Increased levels of exposure to smog may cause congestion, difficulty breathing and asthma attacks.

DAVID SUZUKI FOUNDATION

Simple ways to celebrate

One billion people expected to take part in Earth Day activities



It's Earth Day on Wednesday, and while saving the planet is serious business, you may as well have fun while you're at it. Globally, one billion people in 170 countries are expected to join the celebration of the planet we all live on, organizers say.

Kelly Magill, editor of Positively Green magazine, has some tips for ordinary families to join the party. She treats it like a birthday and recommends parents take their kids on a planetary adventure.

"Just get outside! Go to a park or on a hike. Take a picnic with you and spend the day investigating nature," she says. "If you have bikes, take a family bike ride. Getting comfortable with biking when you're young makes it easier to bike instead of drive when you're an adult."

If you live near a zoo or wildlife park, take your family there to instill a sense of love and respect for animals, she suggests. In a similar vein, go on a strawberry picking adventure and bring the fruit home to enjoy.

"This activity really makes our connection to the Earth clear."

An easier option is to visit your local farmers' mar-



There are many ways you can celebrate Earth Day, including starting a garden in your backyard or in a container in your home.

ket. Building this connection between the Earth and what we eat makes it easier to understand why protecting the planet is important, she explains.

Magill recently finished making a batch of soap with her family.

"Families used to make all of their own 'beauty' products and they knew

Websites

- Go to Earthday.ca to find local Earth Day events or visit Positivelygreen.com for more tips on green living.

exactly what was in them," she explains. "You can find easy recipes on the web."

It doesn't take long and

it also makes bath time more fun.

For a more ambitious project, start a garden in your backyard or in a container in your house.

"Let your child choose what to plant. This way, they're more likely to eat it. Don't get too ambitious — choose two or three things to plant," she says.

"You and your child can check on your garden throughout the spring and summer and harvest what you've grown together."

A simpler idea is to set up a bird feeder.

"Spring means baby birds and feeding," Magill smiles.

"You'll see all kinds of birds visiting your feeder."

Numbers

- A majority of Canadian Green Home Index, developed by Enviroics Research for The Home Depot Canada, has assigned Canadians a 60 out of 100 rating in its inaugural release.

Based on a basket of five questions, the Canadian Green Home Index tracks Canadian attitudes and behaviours as a means to measure progress toward greening their homes.

"Canadians want to be more environmentally friendly, but it's an ongoing process to change these important behaviours," said Annette Verschuren, president of The Home Depot Canada and Asia. "We believe this index provides a real opportunity to add to the green discussion so we can support further change and provide consumers with the tools they need to do more."

METRO NEWS SERVICES



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going green **9**

Organic network really cooking

Unique cookbook profiles members who want to see organics bloom in Alberta

BRENDA FRICK
for Metro Canada

Food is central to culture, any culture. GO, the Going Organic network in Alberta, is sharing the culture of the Alberta organic community with GO — a Culinary Community.

This unique cookbook profiles members of the organic community who share their connection with food, as well as their recipes.

The GO Culinary Community is a broadly based group of people who want to see organics bloom in Alberta. They include organic farmers, gardeners, chefs, retailers, businesses and, of course, eaters from around the province. With such a diversity of supporters, GO can be a strong voice for organics in Alberta.

Profiles of the GO community are inspiring. Trevor Aleman, for instance, is a market gardener near Lethbridge whose commitment to organics was made more real when his first child was born with a cleft palate. He found out the condition



was strongly associated with herbicide use.

Val and Dave Bogen, grain farmers near Vegreville, have become vocal enthusiasts of organics after they found spraying

was making Dave sick.

Farmers are not the only members of GO whose profiles inspire. Ron Berezan owns an organic gardening and landscape business and has a vision

of empowering others to become organic urban farmers. Velma Bissoon-dath, a Calgary artist, finds that GO helps her to explain to her friends and family why sustainable

and healthy food is so important. Patricia Shapka, owner of Sunny Boy Foods in Camrose, is dedicated to food that is "fun, nutritious, and ... taste(s) great."

More info

- For more information on the GO book, see www.goingorganic.ca.

GO — a Culinary Community includes at least one recipe submitted by each of the profiled members. These are as diverse as the profiles, including appetizers, entrees, and desserts, foods for vegetarians and omnivores, for children and for elegant dining. The combination of recipes and profiles give us a richer understanding of the local and organic food movement.

Wendell Berry, in the *PLEASURES OF EATING*, tells us that "eating with the fullest pleasure ... is perhaps the profoundest enactment of our connection with the world."

In its new book, *Going Organic* reminds us of this connection, with the Earth, with food, with each other, and invite us into its culinary community.

Brenda Frick, PhD, PAg, is the organic research and extension co-ordinator at the University of Saskatchewan and is an affiliate of the Organic Agriculture Centre of Canada.

Recycling tips and tricks for Canadians at home or on the go

Canadians have a good track record for recycling at home with curbside pickup and deposit-return programs in place across the country. But most of us are unfamiliar with how recycling works and how we can take our good recycling habits on the road.

Paul Edney, director of Inspire Community and co-author of bestselling book *Change the World for 10 Bucks*, says, "Canadians are doing a great job at home making sure recyclable materials don't end up in their garbage cans. But there are a few extra tricks we can all learn to

Behind recycling

- Recycling works. It takes 70 per cent less energy to create a new bottle from recycled plastic than from raw materials.
- Take the cap off. It takes

make sure each item we recycle has the greatest

impact."

Edney recently created an online recycling tool and resource, supported by the Aquafina brand, aquafinatracker.ca, which provides important tips for Canadians to boost their recycling savvy and make the most of their efforts.

According to Edney, recycling awareness and education is critical to success.

"If we all understood the impact of recycling one plastic bottle, we'd probably be a lot better at making sure more of them stay out of the waste stream."

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I'M THINKING



Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Quebec to provide loan guarantee to AbitibiBowater

PAPER Quebec agreed on Friday to give a \$100-million loan guarantee to AbitibiBowater Inc. as the newspaper maker attempts to restructure its operations under bankruptcy protection in Canada and the United States.

The forestry firm, headquartered in Montreal but incorporated in the United States, also won approval from a U.S. judge on Friday for \$206 million in financing for its Bowater unit to help it get through its Chapter 11 bankruptcy proceedings there.

AbitibiBowater is also seeking \$100 million in a debtor-in-possession loan for its Abitibi-Consolidated unit.

REUTERS



Gold parties thriving

Thanks to tough times and with gold hovering just under \$900 US an ounce, a new gold rush is happening in suburban living rooms and downtown boardrooms, where gold parties are all the rage. People are selling off their old gold jewelry and trinkets at the parties, where a professional appraiser sifts through the items.

TORSTAR NEWS SERVICE

Watchdog criticized after Conquest's fall

Travel body should have taken action: Critics

The first clues that now-defunct Conquest Vacations could be in trouble emerged six months ago, when the seller of packaged holidays ran afoul of provincial guidelines that stipulate how much cash it needed to have to pay its bills.

While not necessarily an ominous sign in an industry known for its volatility, the event nevertheless spawned discussions between Conquest management and the province's travel industry watchdog, the Travel Industry Council of Ontario, or TICO.

In March, TICO gave Conquest a deadline of

"TICO's mandate is consumer protection. It's not to protect registrants."

Bruce Bishins, Association of Retail Travel Agents

April 14 to put more money into its working capital fund or face a suspension.

But TICO president Michael Pepper said Conquest instead opted to pull the plug on the travel firm the next day in a move that ruined the plans of thousands of Canadians.

While Pepper says he

stands by his decision to attempt to work with Conquest, others have questioned whether TICO could have done more to soften the impact of Conquest's shutdown.

Bruce Bishins, president of the Association of Retail Travel Agents, said a shortfall in Conquest's working capital, which refers to money used to pay short-term expenses like bills, should have prompted TICO to stop Conquest from selling travel packages.

"TICO's mandate is consumer protection. It's not to protect registrants," he said.

TORSTAR NEWS SERVICE

Few options for CAW in talks, analysts say

AUTO The Canadian Auto Workers union has little choice but to accept cuts of over 20 per cent in its members' wages and benefits when talks with Chrysler over cost savings resume next week, analysts said.

Chrysler would then likely have to file for bankruptcy protection, almost assuredly bringing cuts in labour costs and job losses, analysts said.

Chrysler said in a letter to employees Friday that the union's refusal to cut labour costs by \$19 an hour to \$57 an hour jeopardizes the future of Chrysler and its operations in Canada.

REUTERS

Business in brief

U.S. President Barack Obama's top economic adviser yesterday tempered hopes for a speedy U.S. economic recovery, deliberately tamping down recent optimism that has driven the stock market to successive gains. "It is a long road and it is going to take time," said Lawrence Summers, the director of the National Economic Council.

REUTERS



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Nestor, Zimonjic dominate in victory

Canada's Daniel Nestor and Serbian partner Nenad Zimonjic won the Monte Carlo Masters men's doubles title yesterday, sweeping past top-seeded Americans Bob and Mike Bryan 6-4, 6-1 in a match that lasted just 47 minutes. **METRO NEWS SERVICES**

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

The Iceman doneth?

After being knocked out by Mauricio (Shogun) Rua at UFC 97 in Montreal Saturday, Chuck (the Iceman) Liddell is finished, according to UFC president Dana White. "You're never going to see Chuck Liddell on the canvas again," White said. "It's done." Rua knocked out Liddell 4:28 into the first round. In another fight, Anderson Silva set a UFC record for most wins in the Octagon with an uninspired decision over Thales Leites. **METRO NEWS SERVICES**

**STANLEY CUP
2009 Playoffs**

Steve Bernier netted the game-winner early in the third period as the Vancouver Canucks edged the St. Louis Blues, 3-2, in Game 3 of their Western Conference quarter-final series.

Roberto Luongo was solid between the pipes, stopping 24 shots for the third-seeded Canucks, who lead the best-of-seven series 3-0 and will look to complete the sweep tomorrow in St. Louis.

Vancouver scored all three goals on the power play, with Daniel Sedin and Mattias Ohlund also lighting the lamp.

David Backes and Andy McDonald both registered a goal and an assist for the Blues, who had won their last five on home ice to conclude the regular season. Chris Mason made 23 saves in defeat.

Mats Sundin sat out the



Steve Bernier, centre, of the Canucks is congratulated by teammates Henrik Sedin and Kevin Bieksa after scoring last night.

game with a lower-body injury.

FLYERS 6, PENGUINS 3

Simon Gagne netted a pair of goals as the Philadelphia Flyers posted a strong 6-3 victory over the Pittsburgh Penguins in Game 3 of their Eastern Conference quarter-final series at Wachovia Center.

Claude Giroux contributed a goal and assist for the Flyers, who climbed back into the series after dropping the first two games in Pittsburgh.

Jeff Carter, Mike Richards and Jared Ross also hit the net for Philadelphia, and Martin Biron stopped 26 shots for the win. Evgeni Malkin tallied twice for the

For a recap of the Ducks/Sharks game, visit metronews.ca

Penguins, who dropped their first road playoff contest since Game 2 of the 2008 Stanley Cup Finals in Detroit. Rob Scuderi added a goal while Sidney Crosby picked up a pair of helpers. Marc-Andre Fleury allowed five goals on 29 shots in defeat. Game 4 is set for tomorrow in Philadelphia.

DEVILS 3, HURRICANES 2 (OT)

Travis Zajac, who had not scored since mid-March, lit the lamp 4:58 into overtime to lift the New Jersey Devils to a 3-2 win over Carolina in Game 3 of their Eastern Conference quarter-final series at RBC Center. Zach Parise and Brian Gionta also tallied for the Devils, who bounced back from an overtime loss in Game 2 to take a 2-1 lead in the best-of-seven series.

METRO NEWS SERVICES

Kobe hits milestone, Lakers shut down Jazz

**NBA
2009 Playoffs**

Kobe Bryant scored 24 points and dished out eight assists, and the Los Angeles Lakers scored a 113-100 victory over the Utah Jazz in Game 1 of their Western Conference quarter-final series. Bryant moved into third all-time on the Lakers' all-time post-season scoring list and ninth overall, passing Magic Johnson.

76ERS 100, MAGIC 98

Andre Iguodala's fadeaway jumper with 2.2 seconds left in regulation proved to be the game-winner as the Philadelphia 76ers overcame an 18-point second-half deficit to take Game 1 of their Eastern Conference quarter-final series, 100-98, against the Orlando Magic.

For recaps of the Heat/Hawks and Hornets/Nuggets games, visit metronews.ca



Matt Harpring of the Jazz guards Lamar Odom yesterday.

Crawford should do his homework on Oilers

CapitalSports**Robin Brownlee**

metronews.ca/capitalsports

So, Marc Crawford wants to throw his hat into the ring as a head-coaching candidate for the Edmonton Oilers. Considering Crawford was the 1995 Jack Adams Award winner for coach of the year, won a Stanley Cup with Colorado in 1996 and has a history with Oilers GM Steve Tambellini dating back to when they were teammates with the Vancouver Canucks in 1985-86, he's one of the favourites to take over from Craig MacTavish.

But one tip for Crawford, who is working as an analyst with Hockey Night in Canada: If you want make a good impression with fans and Tambellini, stop calling the Oilers' best player "Alex" Hemsky, and their goaltenders Dwayne "Roofson" and Jeff "Desjarlais."

I'm not a fan of Crawford's because, as a coach, he's long had a habit of looking down his nose at media types, until, of course, he's out of work and becomes one of us. Of course, playing patty-cake with reporters isn't high on Tambellini's list of prerequisites, so Crow has a shot.

My best guess is Crawford, Brent Sutter, Pat Quinn, Brent Petersen and Todd Richards end up on Tambellini's short list.

MCSORLEY IN TOWN

Marty McSorley, Dave Semenko and Chris Joseph are hosting a hockey school at the Trans-Alta Tri-Leisure Centre in Spruce Grove April 28-30 in three sessions. It's open to children aged 10-13 and also has men's and women's ses-

sions. For information visit NHLTraining.com.

As an aside, and given that the status MacTavish's assistant-coaching staff is up in the air, McSorley, who had a losing record as the head coach in Springfield of the AHL in 2002-03 (34-38-7) and 2003-04 (26-43-9), asked, perhaps, a telling question when we talked Saturday.

"How much does an NHL assistant coach make?" inquired McSorley.

WHILE I'M AT IT

Still no word on the fate of Charlie Huddy, Bill Moores and Kelly Buchberger, but I can't see Tambellini saddling a new bench boss with a staff of assistants he hasn't picked. ... There's more buzz about the Edmonton Capitals of the Golden Baseball League opening camp May 11 at Telus Field than there was at any time during the tenure of Dan Orlich, who sold the former Cracker-Cats to Daryl Katz last off-season. ... The biggest name on manager Brent Bowers' roster right now is Lou Pote, who pitched for the Triple-A Trappers and won a World Series with Anaheim in 2002.

In a decade covering the Edmonton sports scene, Robin Brownlee has been the news-breaker and insightful voice for sports fans in Oil Country; edmontonletters@metronews.ca



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Be sure to read Workology and Metronews.ca/work for our pet industry feature series Paws and Claws. Seen here is Watson, the two-year-old Rhodesian Ridgeback, submitted by a loyal Metro reader.

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Never underestimate police dogs: Officer

Paws and Claws

JON TATTRIE



Dutch bursts out of the police truck with his teeth ripped back in a vicious snarl. The German Shepherd's blood's up and pity anything that gets between him and the crook. Anything but the slobbery toy Const. Paul Jessen holds out, instantly turning the fierce beast into a puppy.

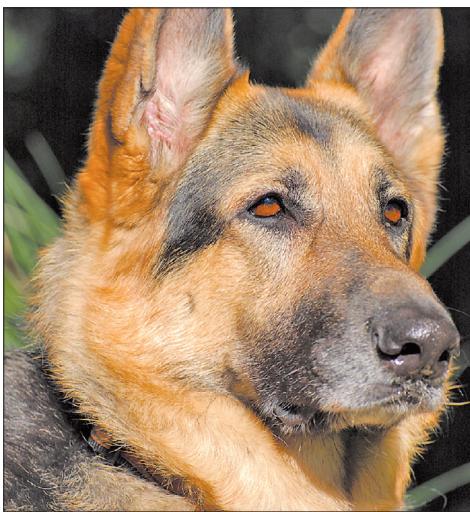
Jessen got Dutch when he was 11 months old, and the dog already had a chip on his shoulder. That's part of what makes the 85-pound K-9 cop such a valuable partner.

"They do have that aggressive streak when you need it. There are times when you have to arrest somebody and they're not about to be arrested," the Halifax Regional Police cop explains.

Jessen's been with the police for 21 years and in the K-9 unit for 13. He's on his third dog, and he's seen them sniff out some well-hidden bad guys.

Jessen and his dog once arrived late on the scene of a stolen van. The thieves had ditched the vehicle and fled on foot.

"It was a parking lot, which is more difficult for the dogs because the hard surface doesn't retain the scent as well as grass or woods," he says. "He went



Many police dogs are German Shepherds, and most work for about eight years before they go into retirement.

right to a dumpster a half kilometre away. We looked inside and sure enough, they were inside. It was a mother and son team."

Most criminals underestimate the dog's nose, which can track down explosives, narcotics and evidence, as well as people.

"A lot of people are very surprised. They're not expecting to be caught," he says. "They are German Shepherds and they do have huge teeth."

Cops and canines work and live together. Dutch's insulated dog house is in Jessen's backyard, so he quickly adjusts to the weather. He's about halfway through his eight-year working life.

"Then, they start showing their age. The work is fairly punishing for them. It's punishing for us, too," Jessen says. In retirement, the dogs often become pure pets for the handlers, or they find another home for them.

Not all are as ill-tempered as Dutch. Jessen took his retired German Shepherd to visit his three-year-old nephew. "He was all over him, and he doesn't care at all. I wouldn't do that with (Dutch). He's got personal space issues."

For more of the Paws and Claws exclusive series check Workology frequently or stop by: metronews.ca/work

Metro readers' Best friends

- Metro would like thank everyone who has sent in a picture of their pet, we'll try to publish as many as we can throughout the month of April.



This is Sophie, the Terrier Bassett Hound mix.



Here's (another) Sophie having fun in the sun.



Here's Boo, the rescued Poodle.



Here's Louie the Yorkshire Terrier with his favourite toy.



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Metro Workology exclusive: Paws and Claws

Be sure to read Workology and Metronews.ca/work for our pet industry feature series Paws and Claws. Seen here is Lincoln, the two-year-old Black Lab mix, submitted by a loyal Metro reader.



Talking skills key to sales

Avon rep enjoys the endless interactions with people

OddJobs

Diane Peters



Metronews.ca/oddjobs

Holly Perreault used to pull her hair into a ponytail, wash her face and go in the morning.

Now, the 42-year-old from Windsor, Ont., always dons a smart outfit and a little makeup. That's because she feels great about herself and her job. But also, as a full-time Avon salesperson, it doesn't hurt to use the **"A typical day for me is talking, and talking."**

Three years ago, Holly Perreault

was doing something completely different. She ran a home daycare and kept busy with that and her three daughters, the youngest of which is now six.

A girlfriend who sold Avon suggested Perreault give it a try. Perreault agreed — eager to get some free stuff and make a little cash.

In that first year, she did well selling to family and friends and made it into the company's President's Club. After the awards banquet, her manager took her out for lunch.

"What do you want to do with this?" she asked. Knowing her youngest was about to enter grade one, and loving both the products and the endless chance to interact with people, Perreault had her answer. She cleared two days each week to go out and train with her manager.

Last September, she shut

down her home daycare and got to work recruiting both customers and Avon salespeople to work under her. Today, she has a team of a hundred salespeople, a good-sized roster of clients who order from Avon regularly and has been promoted to executive unit leader.

"A typical day for me is talking, and talking," Perreault says. She often meets with team members to discuss business strategies, and she and other representatives attend frequent training sessions and workshops held by Avon. They also go door to door.

And while she's out doing everything from shopping at the mall to attending one of her daughter's soccer games, she's constantly talking to people. "My goal every time I go out is to find a new customer or to find a new rep that would like to join Avon."

At first, it was tough for her to ring doorbells and talk to strangers all the time. But practice, her love of people, and her psychology degree all helped. As does the business skills she learned managing restaurants, which she did before

The Lowdown

Job title: Avon representative

Salary: About \$50,000 a year

Education/Training: One-on-one help, workshops and courses offered by Avon and its staff.

Best part of the job: "Knowing I'm helping somebody else make or save money. And having three daughters, showing them that if you work hard, you can get rewarded for it."

Worst part of the job: "Not having enough hours in the day."

her eldest daughter, now 15, was born.

In fact, most of her past experience has led up this job, she sees in retrospect.

"I never in a million years imagined when I started out

and sold a few mascaras that it would become my full time career."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.



Avon representative Holly Perreault says it's not a bad idea to wear the products you are trying to sell.

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David Miller, the only American singer in the international opera group Il Divo, is getting engaged. Miller, 36, proposed to his girlfriend, Sarah Joy Kabanuck, an opera singer and theatre actress who starred in Baz Luhrmann's *La Boheme* on Broadway. They have been dating for six years. [USMAGAZINE.COM](#)

Entertainment

Andy hitched

Tennis player Andy Roddick is officially off the market. The athlete, 26, wed his longtime girlfriend, Sports Illustrated model Brooklyn Decker, 21, on Friday. [USMAGAZINE.COM](#)

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EDITOR: DEAN.LISK@METRONEWS.CA

••••• A CLASSIC; ••••• EXCELLENT; •••• GOOD; ••• FAIR; •• POOR

Over the top action ride

Crank: High Voltage

Directors: Mark Neveldine and Brian Taylor

Stars: Jason Statham

Classification: 18A

Rating: ••

CHRIS ALEXANDER
for Metro Canada

Crank: High Voltage is disgusting, disposable, disorienting, inhuman and infantile ... and those are its good points.

Immediately picking up where the attention deficit friendly adventures of the first instalment left off, brutish British action hero Jason Statham returns as seemingly superhuman underworld anti-hero Chev Chellios, who, after surviving an impossible fall from a helicopter, has his heart removed by Triad organ



Jason Statham returns as a thug in *Crank: High Voltage*

thieves and replaced by a bionic one.

In order for Chev to beat the clock — again — and retrieve his resilient ticker, he has to keep his body constantly pulsing with electricity, a gimmicky plot device that unleashes scene after scene of finger-in-soCKET

silliness.

In an effort to out-inundate its audience with action, *Crank* is a non-stop, over the top orgy of violence, sex, misogyny, racism and general bad taste driven by a genuinely bizarre score by ex-Faith No More frontman Mike

Patton.

But for all its sound and fury, it feels safe: An over stylized, faux-hip descent into cartoonish, music video informed depravity that tries hard to be a grand scale Lloyd Kaufman meets Russ Meyer exploitation grindhouse-style movie. Instead, it comes off as a glossy — though undeniably energetic — big budget forgery.

Red Bull junkies, gamers, 12-year-old boys and easily bored morons might love every inch of this fast forward, ultra-bloody time waster but by the time Statham turns into a jut-jawed, power plant leveling Godzilla-esque monster — and yes, it does happen — even they might be annoyed by directors Mark Neveldine and Brian Taylor's grab bag lunacy and pretentious self awareness.

critics' corner

An Audience With Neil Diamond

Neil Diamond is ranked third on the list of the most successful artists ever. In this new special, he holds forth on his life and career before an audience that includes Tim Rice, Dame Judi Dench and Alison Steadman, before launching into his greatest hits. He performs old favorites along with songs from the 2008 album "Home Before Dark." 7 PM on BRAVO



The Big Bang Theory

The holidays aren't very merry for Leonard when a handsome colleague begins dating Penny, while Sheldon drives everyone nuts trying to master the nuances of gift-giving etiquette in "The Bath Item Gift Hypothesis." 9 PM on CFRN KREM

Rules of Engagement

Jeff invites Audrey to watch him play softball, hoping to show her that he's not an old fogey after he falls asleep while watching a movie, but he winds up being undone by a sneeze. Orlando Jones guest stars in the new episode "Old Timer's Day." 10:30 PM on CHTV: 10:31 PM on KREM

Actors, Hollywood studios reach deal

DEAL Hollywood studios and the largest U.S. actors union reached a tentative deal Friday on a new film and television contract that ends a bitter deadlock and would avert a strike the industry fears in a recession. The Screen Actors Guild with its 120,000 members and the Alliance of Motion Picture and Television Producers, which represents movie studios, gave no details of the agreement. In a joint statement, the two groups said the labor deal would go before SAG's national board of directors for review Sunday. If approved, it would be put to a vote by SAG members, which one entertainment lawyer said might not occur until late May.

The tentative deal would replace a contract that expired last June 30. [REUTERS](#)

Kenya's Style

Kenya Hunt

Read the blog at [metroneWS.ca/kenyastyle](#)

For complete online movie listings, trailers, reviews and tickets, visit:

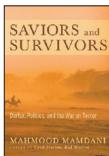
[metroneWS.ca/movies](#)



	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/20/09				etalk	Hollywood	The Mentalist (HDTV)	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas	News (N)	
2	CFRN	239	318	etalk	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Chuck (HDTV) (N)	Heroes "I Am Syler" (N)	Medium		
3	KHO	-	370	News (N)	NHL Hockey: Conf. Quarterfinal	CBC News	Red Green	To Be Announced	CBC News: The National	The Hour		
4	CBXT	-	372	News (N)	Hollywood	The Doctors (N)	Big Bang Th	How I Met	Two/Half Men	Engagement	The Mentalist	
6	KREM	-	372	News (N)	Law & Order: SVU	Mantracker	Chuck (HDTV) (N)	Less-Kind	Surviving Sub.	Your City	News Hour	
7	CKEM	241	347	ET Canada	Entertainment	Heroes "I Am Syler" (N)	Bones (HDTV PA) (N)	24 (HDTV PA) (N)	The Simpsons	King	Metropia	
8	CITY	240	339	News (N)	Heroes	Bones (HDTV PA) (N)	Bones (HDTV PA) (N)	24 (HDTV PA) (N)	Surviving Sub.	Cast	News (N)	
11	OMNI	-	-	Two-Half Men	The Simpsons	News	News	24 (HDTV PA) (N)	Two-Half Men	Engagement	American Experience (N) (DVS)	
13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars (HDTV)	My Boys	Engagement	News (N)	
16	KAYU	-	373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)	American Experience (N) (DVS)	Engagement	News (N)	
19	CHTV	-	-	The Insider (N)	E! News	The Best Years (DVS)	The Soup (N)	How I Met	My Boys	Engagement	News (N)	
22	KSPS	-	374	NewsHour With Jim Lehrer	Allo, Allo!	Steves Europe	Antiques Roadshow (N)	Antiques Roadshow (N)	Two-Half Men	Engagement	American Experience (N) (DVS)	
24	WTVS	-	364	American Experience (N) (DVS)	Appalachia: History	Being Served	Being Served	Tavis Smiley	Two-Half Men	Engagement	American Experience (N) (DVS)	
15	CBCN	502	-	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	Two-Half Men	Engagement	Two-Half Men	
21	TWN	505	398	(5) EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch Two	Two-Half Men	Engagement	Two-Half Men	
27	CNN	500	500	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Larry King Live	Cooper 360	Larry King Live	
54	CTVN	501	391	Newsnet	News	CTV Newsnet	News	CTV Newsnet	Two-Half Men	Engagement	Two-Half Men	
70	BNN	504	508	Squeeze Play	Market Call	Headline	Market Call	Market Call	Berman's Call	Money Talks	Squeeze Play	
20	TSN	400	400	NHL Hockey	West Quarterfinal -- Blackhawks at Flames	Big & Small (N)	Max & Ruby	Backyardigans	Dora-Explorer	Go, Diego, Go!		
23	net	408	418	Week-Ball	MLB Baseball	Colorado Rockies at Arizona Diamondbacks	From Chase Field in Phoenix, (Live)	From Chase Field in Phoenix, (Live)	Futurama	Punch	Robot Chicken	
47	SPED	417	406	SuperCars	SuperCars	Barrett-Jackson	Car Crazy	Pass Time	This Week in NASCAR (HDTV)	Two-Half Men	Engagement	
94	SCORE	410	410	10:15: WWE Monday Night Raw			(9:15) Score Tonight	(9:15) Score Tonight	Two-Half Men	Engagement	Two-Half Men	
9	EDAC	267	351	Alberta Primestime (Live)	Castle (HDTV) (N)	Dancing With the Stars (HDTV)	Dancing With the Stars (HDTV)	Dancing With the Stars (HDTV)	Two-Half Men	Engagement	Two-Half Men	
14	YTV	552	543	Drake & Josh	Carly	Karaoke Star Junior (N)	Malcolm-Mid.	Malcolm-Mid.	Two-Half Men	Engagement	Two-Half Men	
17	TREE	553	546	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small (N)	Max & Ruby	Two-Half Men	Engagement	Two-Half Men	
42	TOON	553	545	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	Two-Half Men	Engagement	Two-Half Men	
45	FAM	557	541	Zoey 101	Life Derek	Wizards-Place	Monty Python's Flying Circus	Zack & Cody	Two-Half Men	Engagement	Two-Half Men	
-	TVA	121	714	TVA 18 heures	Le Cirque (SC)	Le Top Bloopers TVA	Ma Maison Ronne (N)	Monk Monk va à l'hôpital. (SC)	Two-Half Men	Engagement	Two-Half Men	
18	CMT	575	583	Reba	Reba	Hope & Faith	Hope & Faith	Two-Half Men	Two-Half Men	Engagement	Two-Half Men	
25	A&E	615	520	Intervention (HDTV)	Paranormal	Paranormal	Paranormal	Paranormal	Two-Half Men	Engagement	Two-Half Men	
26	MM	571	581	Don't Forget the Lyrics!	Entourage	Gene Simmons	The Daily Fix	Don't Forget the Lyrics!	Two-Half Men	Engagement	Two-Half Men	
29	FOOD	601	561	Food Detective	Get on Plate	Kitchen Nightmares	Restaurant Makeover	Unwrapped	Two-Half Men	Engagement	Two-Half Men	
31	SHOW	617	522	Wife Swap	The Outer Limits	Cashing In	Kink in Hair	Kenny-Senny	Two-Half Men	Engagement	Two-Half Men	
32	DISC	520	505	Dirty Jobs	The Detonators (N)	Daily Planet	Dirty Jobs	Dirty Jobs	Two-Half Men	Engagement	Two-Half Men	
33	SLICE	601	562	Wedding SOS	Project Runway Canada	ET Canada	Til Debt-Part	Real Housewives OC	Two-Half Men	Engagement	Two-Half Men	
34	W	601	567	Style by Jury	Style by Jury	Will & Grace	Friends	How Clean	Two-Half Men	Engagement	Two-Half Men	
35	TLC	521	560	Table for 12	Jon & Kate	Jon & Kate Plus 8 Go Green!	Little People	Little People	Two-Half Men	Engagement	Two-Half Men	
36	BRAVO	620	523	Audience Neil Diamond	Altered by Elvis	Law & Order	Without a Trace	Without a Trace	Two-Half Men	Engagement	Two-Half Men	
38	SPIKE	628	584	UFC 75: Champion vs. Champion		CSI: NY "Officer Blue"	CSI: NY "Officer Blue"	CSI: NY "Officer Blue"	Two-Half Men	Engagement	Two-Half Men	
40	HIST	522	506	Victory 1945 "Last Days"	NCIS "Chimera"	Sea Hunters	Hero Ships	Hero Ships	Two-Half Men	Engagement	Two-Half Men	
41	CON	626	547	Laughs	Comedy Now	Air Force	Just for Laughs	Corner Gas	Two-Half Men	Engagement	Two-Half Men	
43	SPACE	627	528	Child's Play ** (1988, Horror)	Catherine Hicks	Stargate SG-1	Star Trek: Next Gener.	Star Trek: Next Gener.	Two-Half Men	Engagement	Two-Half Men	
44	WPCH	294	650	In Good Company *** (2004, Comedy-Drama)	Family Guy	Family Guy	Family Guy	Seinfeld	Two-Half Men	Engagement	Two-Half Men	
46	OLN	411	457	Mantracker	Bounty Hunter	Bounty Hunter	Departures "Thailand"	Mantracker	Two-Half Men	Engagement	Two-Half Men	
48	TROP	619	525	What Happen? What Happen?	Vanity Insanity	Reality	Carlawood	E News	Two-Half Men	Engagement	Two-Half Men	
50	STAR	621	527	Paris Hilton's British Friend	The Tonight Show-Jay Leno	TMZ	etalk	The View (HDTV)	Two-Half Men	Engagement	Two-Half Men	
52	HGTV	600	564	Property Virgin	My First Place	House Hunters	Holmes on Homes	Property Virgin	Two-Half Men	Engagement	Two-Half Men	
55	TLN	700	800	Carabinieri	Raymond	George Lopez	George Lopez	The Sopranos (SS)	Two-Half Men	Engagement	Two-Half Men	
92	APTN	269	350	MTV The Mix	MyWay	Dancing-Spirit	Nedza: Your Eye on the Yukon	The Sopranos (SS)	Two-Half Men	Engagement	Two-Half Men	
93	VISION	261	394	McLeod's Daughters	Twist of Faith	Clergy	Poletzger: The Legacy	Cocoon *** (1985, Fantasy)	Two-Half Men	Engagement	Two-Half Men	
100	MTV	581	566	The Hills	The Hills	After Show	MTV Live	MTV News	Two-Half Men	Engagement	Two-Half Men	
101	MM	570	580	Shot at Love-Tila Tequila	Hooking Up	Video on Trial	MuchVibe	Shot at Love-Tila Tequila	Two-Half Men	Engagement	Two-Half Men	
102	CPAC	512	596	6(30) Primetime Politics	Revue	Question Period	Prime-Politics	Prime-Politics	Two-Half Men	Engagement	Two-Half Men	
103	VIVA	512	507	Commander In Chief	Dollars	Lie Detective	Mediums	In Dreams	Judging Amy	Two-Half Men	Engagement	
106	RDI	126	730	Le Téléjournal (SC)	RDI en direct	Le National	Le Téléjournal (SC)	Le Journal RDI	Le National	Le Téléjournal	Two-Half Men	
161	SUPER	581	567	Party Down	Head Case	Trust Me (HDTV)	Satisfaction (HDTV)	Party Down	Head Case	Trust Me	Two-Half Men	

entertainment 15

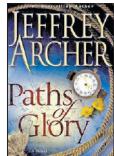
Darfur's past offers answers



Saviors and Survivors

Author: Mahmood Mamdani
Publisher: Pantheon Books
Price: \$32 (Hardcover)

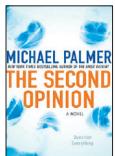
By definition, can the war-torn situation in Darfur, Sudan be considered genocide? Mahmood Mamdani says no. The Ugandan-born Columbia University professor of anthropology and political science states his case for Sudan in his book *Saviors and Survivors*. The book explores the region's history to understand present violence in the country. From infighting in Darfur's 1980s civil war to attempted British tribalisation in the region, *Saviors and Survivors* examines how several domestic and international players became involved in the conflict, and how Sudan landed in the path of the American-initiated War on Terror.



Paths of Glory

Author: Jeffrey Archer
Publisher: St. Martin's Press
Price: \$30.95 (Hardcover)

Seventy-five years after George Mallory took the trek to become the first person to ascend Mount Everest, his remains were finally found. **BookPicks** Back in 1924, the man disappeared while trying to reach the summit, leaving people eager to know whether he'd actually completed his mission. In Jeffrey Archer's *Paths of Glory*, the author uses the true story as a basis for his fictional tale of curiosity. By recalling Mallory's early life, through marriage, the birth of his child and fighting in the First World War, Archer builds a case to allow readers to decide if Mallory really deserves commendation for his climb.



The Second Opinion

Author: Michael Palmer
Publisher: St. Martin's Press
Price: \$17.95 (Paperback)

Dr. Thea Sperelakis has made her mark on the Boston medical industry by championing the defenseless. Bothered by self-centered social practices and conflict at work, she dodges the finance-focused hospital to join Doctors Without Borders in the Congo. But she's forced to return when she learns Petros, her physician dad, has been hurt in a hit-and-run accident. Thea fights her siblings to keep her father living, when they'd prefer him to remain untreated. But when Petros' "accident" turns into a potential crime, Thea has a lot more to discover.

BRIAN COULTON/
FOR METRO CANADA

Accused Tyra Banks stalker on trial

The man charged with stalking former supermodel Tyra Banks went on trial Friday, with prosecutors saying he terrified the America's Next Top Model host by sending her packages and threatening her assistant.

Brady Green, 39, was arrested last March after he appeared twice at the Manhattan studio her chat show, The Tyra Banks Show, is filmed.

Green repeatedly contacted the show, sent Banks flowers with the note "When I see you, I love you," and threatened to slit

the throat of her assistant, causing Banks to "fear for her physical health and safety," prosecutor Shawn McMahon said in opening arguments in New York State Supreme Court.

"His actions made him a stalker — not a fan, but a stalker," McMahon said.

But Green's defense attorney, Sydney O'Hagen, portrayed Green as a harmless fan and said Banks courted admirers by giving them multiple ways of reaching out to her and cultivating an image of approachability.

"She invites fans who are

inspired by her shows to reach out to her," O'Hagen said. "She repeatedly presented herself as someone her fans can relate to."

Green was "an inspired fan, not a deranged fan, not a stalker," O'Hagen said, adding that her client only wanted to attend a taping of the show and perhaps meet Banks.

Green has pleaded not guilty to the misdemeanor stalking and harassment charges. He faces a maximum of 90 days in jail if convicted in the trial, which resumes in Manhattan on April 27.

REUTERS

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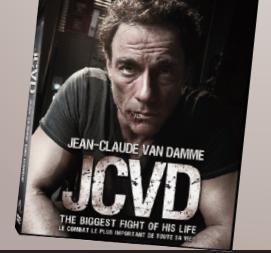
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- TIME Magazine



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Perpetual Hollywood bachelor Matthew McConaughey says that when it comes to marriage, why fix it if it ain't broke? "It's just not something I plan on doing right now, and that I feel like I need to do right now," said the 39-year-old actor. **PEOPLE.COM**

Celebrity Buzz

Tom calls in air support for Suri

PEOPLE Tom Cruise isn't one to let anything ruin his daughter's special day.

While celebrating Suri Cruise's third birthday Saturday, guests were reportedly disturbed by a paparazzi helicopter swooping overhead, according to TMZ, so Tom called the cops.

The LAPD airship reportedly did a flyby, but the offending aircraft was gone by the time they arrived.

METRO WORLD NEWS



Amy feels Betrayal

RELATIONSHIP Singer Amy Winehouse has reportedly penned a new track called the Ultimate Betrayal following claims her estranged husband is expecting a child with another woman, femalefirst.co.uk reports.

Mother-of-two Gilleen Morris told a British newspaper last weekend that she is six weeks pregnant with Blake Fielder-Civil's baby.

Winehouse was reportedly heartbroken by the news — and has written an emotional song about her turbulent

with Fielder-Civil while working on a new album in St. Lucia, according to British newspaper The Sun.

A source tells the publication, "Amy still felt they had something between them and that one day they'd be together again.

"But this news destroyed her. She sat down with her

guitar and started writing the Ultimate Betrayal. She keeps repeating the line: Blake a baby, no, no, no. It's very haunting."

Britney threatened by Kevin's new fiancée?

PEOPLE Britney Spears feels "betrayed" by Kevin Federline, femalefirst.co.uk reports.

The singer is reportedly furious with her ex-husband — with whom she has two children, Sean Preston, three, and Jayden James, two — after he proposed to girlfriend Victoria Prince, because Spears still has feelings for him.

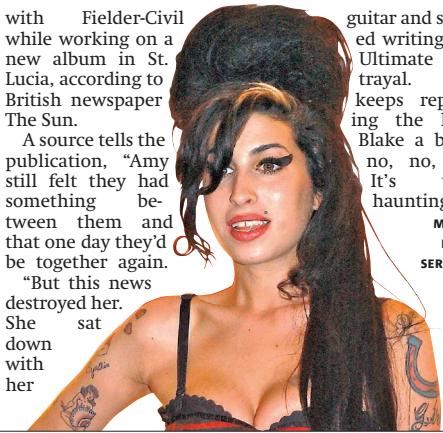
A source close to Spears — who is rumoured to be dating her backing dancer Chase Benz — said: "Britney's face fell when Kevin told her he had proposed. She's been flirting with her dancers and has a thing going on with Chase but she still loves Kevin and always hoped they'd get back together.

"It wouldn't surprise me if her flirting with other guys was purely to make him jealous."

Spears — who divorced Federline in 2007 — is said to be particularly concerned with the amount of time Prince will be spending with his sons.

The source added: "I don't think Britney saw her as a threat until Kevin proposed but now she will be stepmother to Britney's kids and that doesn't make her happy."

METRO WORLD NEWS



METRO NEWS SERVICES

Madge hurt in horse riding spill

PEOPLE Madonna suffered "minor injuries and bruises" Saturday while horseback riding in New York's Hamptons, her publicist has announced, people.com reports.

On Saturday evening, Liz Rosenberg said that the 50-

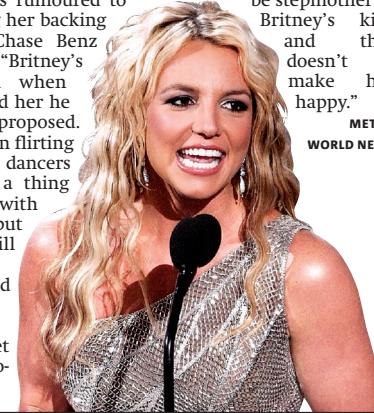
year-old had been released from Southampton Hospital after she was thrown off a horse that was startled by paparazzi.

Rosenberg said the photographers had jumped out of the bushes to snap Madonna, who was visiting

friends on Eastern Long Island.

In 2005, Madonna broke several bones in a horse-riding accident — cracking three ribs and breaking her collarbone and her hand.

METRO NEWS SERVICES



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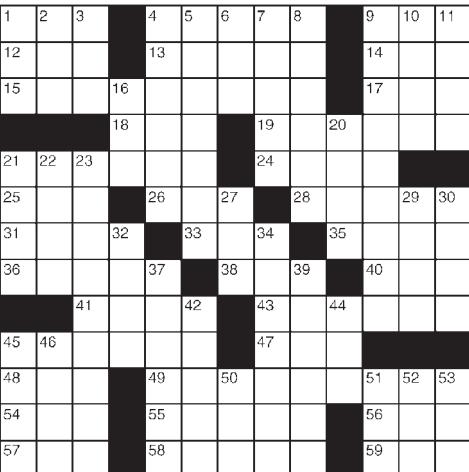
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**Michele McDougall, Weather Specialist & Host – Breakfast Television**

'My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes.'

WEEKDAYS AT 6 A.M.

**Crossword across**

1 "By all means" 33 — de deux
 4 Picture puzzle 35 Rational
 9 Bat wood 36 Churlish types
 12 Beer cousin 38 Pit of your stomach
 13 Representative 40 "CSI" find
 14 Falsehood 41 "Peter Pan" pooch
 15 Willa Cather work 43 Grace, for one
 17 Tribute in verse 45 Cyndi Lauper hit
 18 Mel of Cooperstown 47 Glutton
 19 Christmas tree 48 Ball prop
 21 Rose or carnation 49 Willa Cather work
 24 Fit of perversity 54 Listening device
 25 Mouth part 55 Oyster prize
 26 Groove on 56 Seek damages
 28 Spread outward 57 "—Doubtfire"
 31 Surrounded by 58 Fry lightly
 41 59 Grow old

Crossword down

1 Sweet potato 27 Joke
 2 TV Tarzan Ron 29 Hathaway or Heche
 3 Mariner's place 30 Calendar quota
 4 Snatched (on) 32 Hardly fascinating
 5 Self-indulgence of a sort 34 Boost
 6 Franklin or Stein 37 Gets nosy
 7 Monads 39 Tiny amount
 8 Dry cleaner's targets 42 Breathlessness?
 9 Willa Cather work 44 Past
 10 Faction 45 Goblet feature
 11 Back of the foot 46 Listen to
 16 Promptly 50 Water (Fr.)
 20 Pinches 51 Mex. neighbour
 21 "Spare tire" 52 Carpet
 22 Car to a prom 53 Witness
 23 Willa Cather work

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

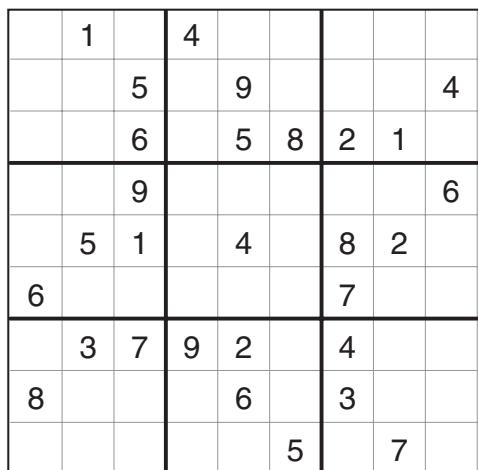
4	8	1	5	9	2	3	6	7
7	2	3	4	6	8	9	1	5
5	6	9	7	1	3	8	2	4
1	5	6	8	4	9	2	7	3
2	3	8	1	7	6	4	5	9
9	4	7	3	2	5	1	8	6
3	1	2	6	5	4	7	9	8
8	9	5	2	3	7	6	4	1
6	7	4	9	8	1	5	3	2

Find today's answers + play more games at metronews.ca**SUDOKU SOLVE TIME:**

Under 13 minGenius 17-21 minSmart
 13-17 minScholar 21-25 minNot bad
 25+ minKeep practising

SudokuFor more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**Horoscopes****ARIES**

MARCH 21-APRIL 20

A happy friend speaks out of turn. A crook complains about your advice. Someone jumps out from a hidden alcove.

LIBRA

SEPT 23-OCT 23

A control freak makes a savage point. Disguise your response to a lovelorn person. Performing a random act of kindness does you good.

TAURUS

APRIL 21-MAY 21

Somebody knows that you won't say the wrong thing. Have fun with a group of friends. An arrogant person needs a lesson in hospitality.

SCORPIO

OCT 24-NOV 22

Give a troubled person some special help. You can help to stabilize a volatile situation. Someone you dream about will escape from danger.

GEMINI

MAY 22-JUNE 21

Even a miracle can't bring something back to you. Someone you know will explode with laughter. Wait patiently for a floundering fool.

SAGITTARIUS

NOV 23-DEC 21

Use your self-discipline to play by the rules. An elder wants you to lose a game. Don't trivialize a wild and crazy fantasy.

CANCER

JUNE 22-JULY 22

An insulting person will cause misery. Single out a much-loved guy for special attention. Try new approach in search of satisfaction.

CAPRICORN

DEC 22-JAN 20

A true friend has gone astray. A promise interferes with your love life. When an opening comes up you should grab it.

LEO

JULY 23-AUG 23

Enjoy foolish rules if you're not forced to obey them. A crazy scheme is challenged by a skeptic. A private place is helpful to soothe a wounded ego.

AQUARIUS

JAN 21-FEB 18

A stranger won't take your status for granted. A shredded heart will be mended. Being silly is more fun than it used to be.

VIRGO

AUG 24-SEPT 22

A woman will go out for treats. A reality check resolves nothing. A moment of fame leads to hours of flattery.

PISCES

FEB 19-MARCH 20

An elated person is a conversational topic. An indirect assessment takes place at a meeting. Romantic risks are discussed.

WORDY GURDY

EV TRICKY BILLY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Swear at you and me (1)
2. Writer Edgar Allan's denials (1)
3. In oil, cooks a Nobel award (1)
4. Deduct from the wages of a Vulcan (1)
5. Stately home's star-spangled cloths (2)
6. Most insolent Zen believer (2)
7. Burns the surfaces of verandas (2)

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ANSWERS ON BACK PAGE • 1-CROSSWORD • 2-CROSSWORD • 3-CROSSWORD • 4-CROSSWORD • 5-CROSSWORD • 6-CROSSWORD • 7-CROSSWORD • 8-CROSSWORD

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entertainment 17**Take Five****Metro Recipe of the Day****Basil-Stuffed Chicken Breasts****INGREDIENTS:**

4 skinless boneless chicken breast halves
 3 oz (90 g) mozzarella cheese, thinly sliced
 1 tomato, thinly sliced
 1 garlic clove, crushed
 1 bunch fresh basil, about 3/4 oz (20 g)
 4 slices prosciutto, about 2 oz (60 g) in total
 1 tbsp (15 ml) extra-virgin olive oil
 Salt and fresh-ground black pepper

GREEN SALAD:

2 tbsp (25 ml) extra-virgin olive oil

Fresh juice of 1/2 lemon
 4 oz (125 g) mixed salad leaves

1 bunch fresh watercress, large stems discarded

METHOD:

1. Preheat the oven to 425 F (220 C). Slit each chicken breast half and enlarge to form pocket.
2. Divide mozzarella between chicken breast halves, sliding slices into pockets. Top cheese with tomato slices and crushed garlic. Roughly chop some basil and sprinkle in pockets.
3. Season chicken breasts. Place large sprig of basil

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

**AVATAR VENUS****LIBRA**

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This day in history

APRIL 20, 1862: The first pasteurization test completed by Louis Pasteur and Claude Bernard.

APRIL 20, 1902: Pierre and Marie Curie refine radium chloride.

APRIL 20, 1926: Western Electric and Warner Bros. announce Vitaphone, a process to add sound to film.

APRIL 20, 1961: Failure of the Bay of Pigs Invasion of US troops against Cuba.

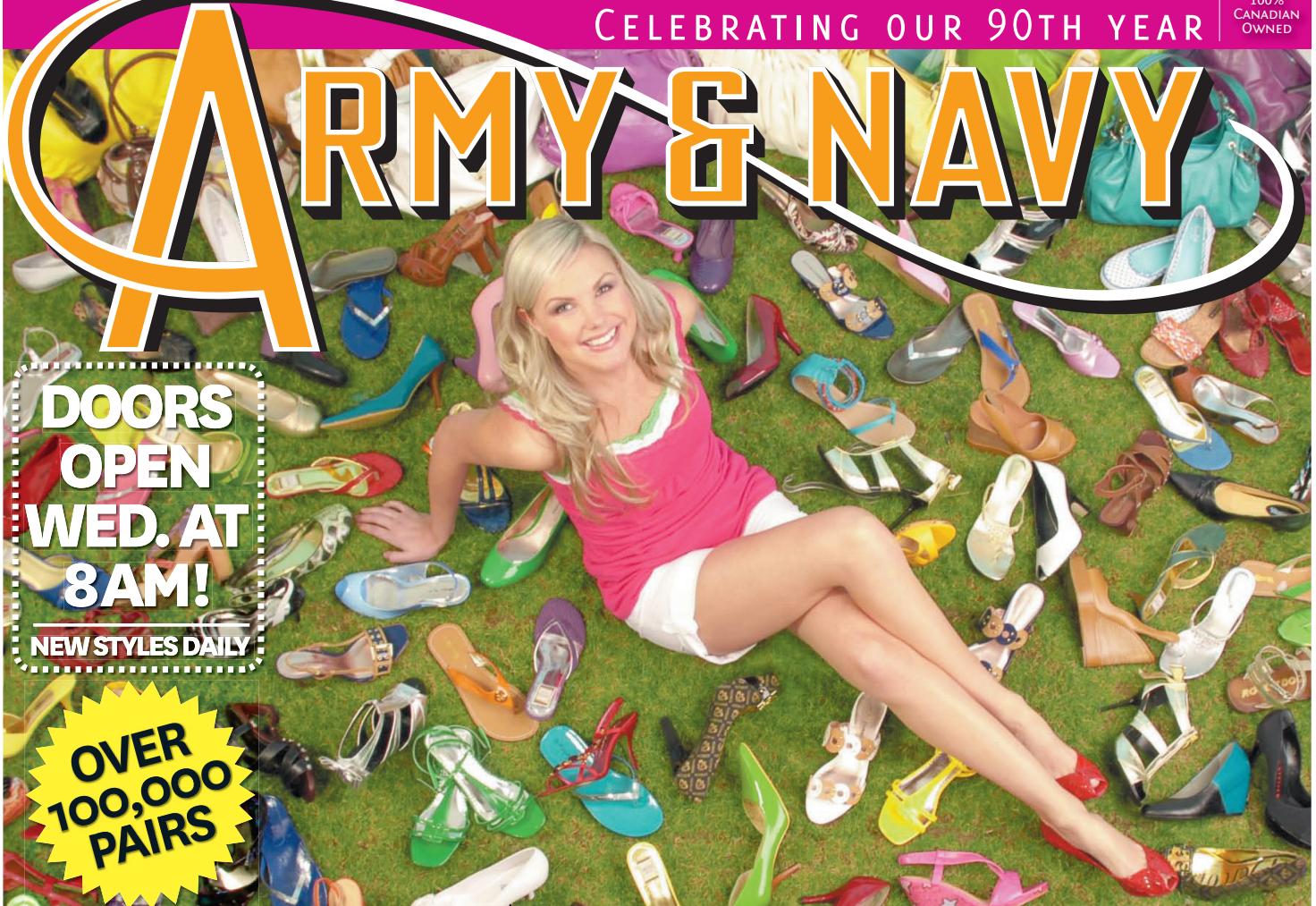
APRIL 20, 1972: Apollo 16 lands on the Moon.

APRIL 20, 2008: Danica Patrick wins the Indy Japan 300 becoming the first female driver in history to win an Indy car race.

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